

# Tension Headaches and Migraines



*“Almost everyone has had a headache. Headache is the most common form of pain. It’s a major reason people miss days at work or school or visit the doctor.”*

*-[www.medlineplus.gov](http://www.medlineplus.gov)*

# April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	COVID19 Block Grants Information Sessions 7	BHH Health Literacy Committee Meeting 8
<b>National Public Health Week</b>				
11	12	13	14	15
		BHH Tableau Support Group		
18	19	20	21	22
<u>Adult Autism Day</u>				
25	26	27	28	29
			<u>World Day for Safety and Health at Work</u>	

Saturday, April 30th is National Prescription Drug Take Back Day. For more information, [click here](#).

# Tension Headaches vs Migraines Headaches

## Tension Headaches

John Hopkins defines tension headaches as common headaches that, “cause a steady ache... and tend to affect both sides of the head.” Below are the common symptoms of a tension headache:

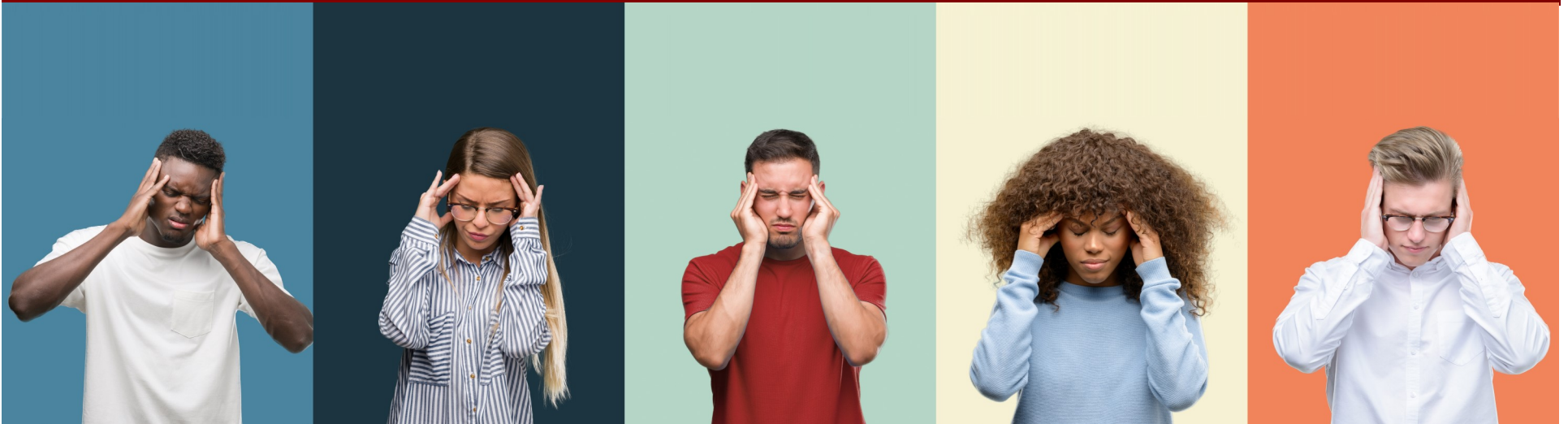
- ⇒ Slow onset
- ⇒ Pain on both sides
- ⇒ May involve back of head or neck pain
- ⇒ Dull pain
- ⇒ Mild to moderate pain

## Migraine Headaches

John Hopkins describes migraines as disabling and recurring. Unlike tension headaches, migraines are characterized as a throbbing, acute pain that is one-sided. Below are the common symptoms of a migraine headache:

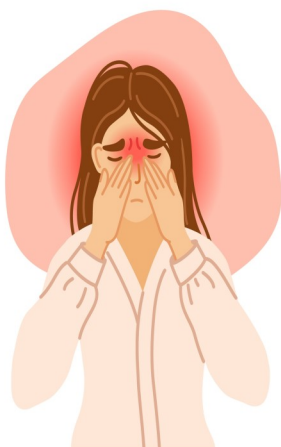
- ⇒ Sudden onset
- ⇒ Pain on one side
- ⇒ Can occur anywhere in the head, neck or face
- ⇒ Sensitivity to light
- ⇒ Sensitivity to noise
- ⇒ Sensitivity to smells
- ⇒ Nausea

# Resources for Clients



1. **Migraine Patient Toolkit: A Guide for Your Care**—[https://www.pcpcc.org/sites/default/files/resources/SWHR\\_Migraine\\_Patient\\_Toolkit\\_2019.pdf](https://www.pcpcc.org/sites/default/files/resources/SWHR_Migraine_Patient_Toolkit_2019.pdf)
2. **What is Medication Overuse Headache?**—<https://www.niddk.nih.gov/health-information/weight-management/walking-step-right-direction>
3. **Meal Planning Toolkit**—<https://cdn2.hubspot.net/hubfs/2611652/Meal%20Planning%20Toolkit%20%7C%20American%20Migraine%20Foundation.pdf>
4. **Caffeine and Migraines**—<https://americanmigraine.org/resource-library/caffeine-and-migraine/>
5. **NIH: Headaches**—[https://files.nccih.nih.gov/s3fs-public/Headaches\\_09-28-2016.pdf](https://files.nccih.nih.gov/s3fs-public/Headaches_09-28-2016.pdf)
6. **Living Well with Migraine: Behavior and lifestyle**—[https://americanheadachesociety.org/wp-content/uploads/2019/03/Behavioral-Infographic\\_V3-11x14.pdf](https://americanheadachesociety.org/wp-content/uploads/2019/03/Behavioral-Infographic_V3-11x14.pdf)
7. **Post-Traumatic Headache**—[https://americanheadachesociety.org/wp-content/uploads/2019/03/Post-traumatic-Headache-Infographic\\_11x14.pdf](https://americanheadachesociety.org/wp-content/uploads/2019/03/Post-traumatic-Headache-Infographic_11x14.pdf)
8. **Women and Migraine**—[https://americanheadachesociety.org/wp-content/uploads/2019/03/WOMEN-and-MIGRAINE\\_Infographic-11x14.pdf](https://americanheadachesociety.org/wp-content/uploads/2019/03/WOMEN-and-MIGRAINE_Infographic-11x14.pdf)

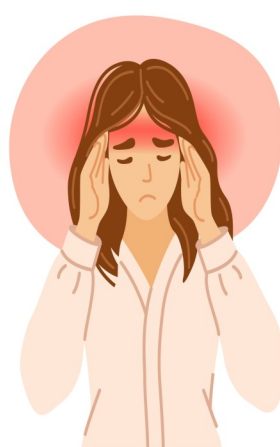
# Resources for Staff



SINUS  
HEADACHE



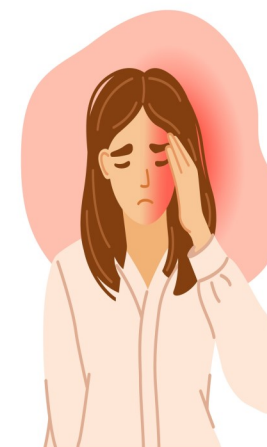
CLUSTER  
HEADACHE



TENSION  
HEADACHE



HYPERTENSION  
HEADACHE



MIGRAINE

1. **Headaches and Anxiety**—<https://adaa.org/understanding-anxiety/related-illnesses/headaches>
2. **Guideline for Primary Care Management of Headache in Adults**—<https://www.cfp.ca/content/cfp/61/8/670.full.pdf>
3. **Understanding the Nature of Psychiatric Comorbidity in Migraine: A Systemic Review Focused on Interactions and Treatment Implications**—<https://thejournalofheadacheandpain.biomedcentral.com/articles/10.1186/s10194-019-0988-x>
4. **American Migraine Foundation: The Link Between Migraine, Depression and Anxiety**—<https://www.youtube.com/watch?v=InLLyi8ORG4>
5. **How to Diagnosis a Migraine**—<https://americanheadachesociety.org/wp-content/uploads/2021/01/AHS-First-Contact-Diagnosing-Migraine-.pdf>
6. **How Do I help My patient Choose the Right Preventative Treatment**—<https://americanheadachesociety.org/wp-content/uploads/2021/01/AHS-First-Contact-Preventive-Treatments.pdf>